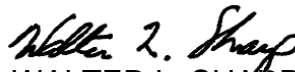




30 September 2010

Influenza Prevention Program

1. Seasonal influenza poses a significant threat to military readiness. It is imperative that every USFK Soldier, Sailor, Airman, Marine, and eligible beneficiary receive their annual influenza vaccination or "flu shot" to protect against this health threat. Active Duty Service Members, who are not medically excluded, shall receive their annual flu vaccination by **01 December 2010**.
2. A person infected with influenza spreads the virus primarily through coughing and sneezing. An ill person may infect others beginning one day before their flu symptoms develop, and up to 1-2 days after they no longer have a fever. Infected children spread more viruses over a longer period of time.
3. Children younger than 5 years old, people aged 65 years and older, people of any age with chronic medical conditions or seriously compromised immune systems, and pregnant women are more likely than others to develop severe complications from influenza. Therefore, it is especially important that these individuals are immunized every year.
4. The single best method to prevent influenza is to be vaccinated. I would also invite you to use these simple methods to slow the spread of all viruses: frequently **wash your hands with soap and water** to help protect yourself from germs; **avoid close contact with anyone who is sick** and **if you are sick, avoid contact with others**; when coughing or sneezing, **cover your mouth and nose by coughing into your sleeve**; and **avoid touching your eyes, nose or mouth** to limit exposure to germs. Additional information may be found at <http://www.cdc.gov>.
5. This year's influenza vaccine will protect against the 2010 H1N1 flu as well as two other influenza viruses. Two forms of vaccine are being used within USFK: an injectable vaccine and a nasal spray. Both vaccines are safe and effective at minimizing the risk of seasonal flu.
6. While compliance with this program is mandatory for all uniformed service members, all other persons are encouraged to be vaccinated. Commanders and leaders at all levels will make every effort to assist other eligible persons to be immunized against the flu.
7. We Go Together!


WALTER L. SHARP
General, US Army
Commander

FREEDOM'S FRONTIER!

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